



Covering every degree of your resource needs

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# University Physicians' Association, Inc.

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**HumanaVitality® will soon to be renamed Go365™**

Humana is offering you more ways to control how you progress through the program. Here are some changes you can expect for 2017:

Multiple ways to reach Bronze Status – The Health Assessment (HA) will no longer be a requirement to reach Bronze Status; you will have three ways to reach Bronze instead. Complete one section of the HA (online or through the Go365 app, log a verified workout, or get a biometric screening.

Simplified HA – Although the HA won't be a requirement to reach Bronze, it will be less cumbersome and broken up into shorter sections for you to take at your own pace.

Redesigned fitness Points structure – Go365's new fitness Points structure will allow you to engage whether you're just starting out or active already. Instead of having to reach 10,000 steps per day to earn Points, the new Point structure will appeal to all activity levels. You can earn a maximum of 50 Points per day according to the following activities (you will get rewarded for one workout type and device per day based upon which produces the highest Points total each day):

**Steps** - 1 Point per 1,000 steps

**Heart Rate** - 5 Points for every 15 min. above 60% max. heart rate

**Calories** - 5 Points per 100 cal. if burn rate exceeds 200 cal. per hr.

**Participating Fitness Center** - 10 Points per day

Bonus Points for the first and fifth verified workouts of the week will be removed, but you can earn weekly bonuses of 50 Points if the sum of daily Points is greater than 50, or 100 Points if the sum of daily Points is greater than 100 (Sunday through Saturday). You also will get 1,250 Points for the first verified workout per lifetime as well as 750 Points for the first verified workout each program year thereafter beginning January 1, 2017, regardless if you have logged verified workouts previously or not.

Remember the fitness category maximum limit of 8,300 is going away, however there will be new limits to the amount of Points you can earn for athletic events and sports leagues; 3,000 and 1,400 respectively.



UPA Corporate

153 Team Members

16 Client Locations

205 Team Members

64 UHS Practices

569 Team Members

## UPA Corporate Office Participates in CPR/AED & First Aid Classes



UPA Corporate Square teamed up with the American Heart Association to bring CPR/AED & First Aid classes to our team members.

We thank the American Heart Association for bringing this important life saving education to our team members.

Upcoming Pay Dates

December 16th

December 30th

January 13th



Payroll Services